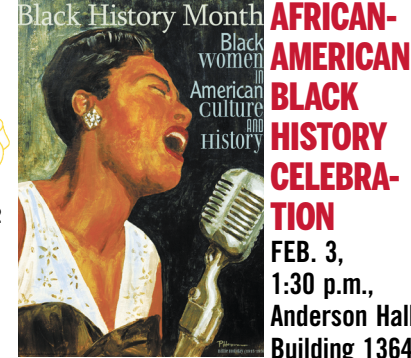


FORT SAM HOUSTON News Leader

502nd AIR BASE WING
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A PUBLICATION OF THE 502nd AIR BASE WING — JOINT BASE SAN ANTONIO — FORT SAM HOUSTON

WINTER WONDERLAND AT WARRIOR AND FAMILY SUPPORT CENTER

A child enjoys sledding down a snow ramp at the annual Winter Wonderland party at the Warrior and Family Support Center Jan. 30. Wounded warriors and their families threw snowballs, sledded down the snow ramp, danced in the snow and chowed on some tamales. The rain didn't stop them as they spent the evening in the imported snow and got a taste of home. "Sometimes in life you buy memories," said Judith Markelz, WFSC program manager. "Many of the wounded warriors are from the East Coast and seeing the snow put smiles on their faces. For a brief moment, they were home."

Photo by Staff Sgt. Keith Anderson



Army, Navy leaders sign memo designed to help Fort Sam's wounded warriors get jobs

By Staff Sgt. Keith Anderson
ARNORTH Public Affairs

Army and Navy leaders signed a memorandum of understanding Jan. 18 designed to help wounded service members find jobs as they transition out of the military.

Navy Rear Adm. Steven Eastburg, vice commander of Naval Air Systems Command, Naval Air Station Patuxent River, Md., along with Frank Blakely, manager of the Fort Sam Houston Army Support Activity, and Douglas Lundberg, director of the Office of Civilian Human Re-

sources, U.S. Navy, came together and signed a memorandum of understanding at the Warrior and Family Support Center that enables the Navy to provide assistance for local wounded service members in building their resumes and to be matched with government and private sector jobs.

"This is a tremendous opportunity for us to partner with the Department of the Navy and NAVAIR to provide employment opportunities to our wounded warriors," Blakely said.

Locally, there are more than 100 wound-

ed service members looking for work right now and, on average, approximately 30 transitioning out of the military each month who could be helped, said Zackery Gant, transition coordinator, Brooke Army Medical Center Warrior Transition Battalion.

The joint Army-Navy effort seeks to identify wounded or injured transitioning military service members who will receive a disability rating of 30 percent or greater upon separation from military service

See JOBS, P8

Center for the Intrepid marks 5th anniversary

By Dewey Mitchell and Maria Gallegos
BAMC Public Affairs

The world's most technologically advanced rehabilitation center for amputees and burn victims was opened here five years ago, and patients and staff celebrated its anniversary Jan. 27.

The Center for the

Intrepid is a four-story, 65,000-square-foot oval facility and was built by donations from more than 600,000 Americans. It is now staffed and funded by Brooke Army Medical Center and stands adjacent to San Antonio Military Medical Center.

Since its dedication Jan. 29, 2007, it has provided outpatient rehabilitation

for more than 780 service members and averages more than 3,400 patient visits per month.

The goal of the care is to maximize the potential of the injured servicemen and women whether they choose to remain on active duty or return to civilian life.

"The Intrepid is truly

See CFI, P12



(From left) Pfc. Quentin Picone, commander of BAMC and Southern Regional Medical Command Maj. Gen. M. Ted Wong and Spc. Terry Ligan cut the cake in celebration of the Center for the Intrepid's 5th anniversary Jan. 27. Ligan represented the past and the longest-stay patient at the CFI and Picone represented the future and the newest patient at the CFI.

Photo by Robert d'Angelo

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News Leader

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Awareness day focuses on widespread problem of human trafficking

By Robert Goetz

JBSA-Randolph Public Affairs

The recent apprehension of 20 illegal immigrants found in a single-bedroom house near downtown San Antonio illustrates that human trafficking is not just a reality in distant lands.

The problem is so widespread – and so close to home – that Jan. 11 is observed in the U.S. as a day of awareness for the millions of victims of modern slavery, which

is tied with the illegal arms trade as the second largest criminal industry in the world, trailing only drug dealing.

The Department of Defense also recognizes the seriousness of human trafficking, mandating annual Trafficking in Persons Awareness training through the Advanced Distributed Learning Service.

“It’s been an annual requirement for seven years,” Mance Clark, Joint Base San Antonio-

Randolph Antiterrorism Force Protection officer, said. “There’s a real need for training; it makes people aware of the problem.”

The United Nations defines human trafficking as “the recruitment, transfer, harboring or receipt of persons ... for the purpose of exploitation.” Traffickers use the threat or use of force, abduction, fraud, deception, abuse of power and other means to achieve

their goals.

Trafficking categories include sexual exploitation, forced labor, child soldiers and organ harvesting, and most victims are impoverished women and children who have been kidnapped, tricked, coerced, forced or sold by their families.

In fact, U.S. Secretary of State Hillary Rodham Clinton, in her address marking the release of the Department of State’s 2011 TIP Report, said human trafficking “unfortunately hurts women and girls disproportionately.”

She said trafficking “isn’t just a problem of human bondage; it fuels

the epidemic of gender-based violence in so many places – here in our country and around the world.”

Clark said military members and civilians can fall victim to human traffickers or unknowingly contribute to the criminal activity by patronizing night clubs or strip joints that engage in prostitution or other illegal activities.

It’s why military installations maintain a list of establishments that are off-limits to service members.

“People can also get caught up in a raid,” he

See HUMAN, P12

Black women play role in American history, culture

By Chief of Staff of the Army
Gen. Raymond T. Odierno,
Secretary of the Army
John M. McHugh,
Sergeant Major of the Army
Raymond F. Chandler

of our nation and our Army since the American Revolution.

Their patriotism, loyalty and leadership, coupled with their hard work, intellect and artistic expression,

African American women have played a vital role in the history

See BLACK, P12



Photo illustration by Peggy Frierson

News Briefs

African American/Black History Month Celebrations

U.S. Army South will host the Joint Base San Antonio-Fort Sam Houston African American/Black History Celebration Feb. 3 from 1:30-2:30 p.m. at Anderson Hall, Building 1364. The guest speaker is the associate professor of history at University of Texas San Antonio. Call 295-6295.

Brooke Army Medical Center will also hold an event 11:30 a.m. Feb. 10 in the Medical Mall.

New MWR Website

Joint Base San Antonio-Fort Sam Houston Morale, Welfare and Recreation has a new website. Visit <http://www.fortsamnmwr.com>.

No Smoking at Bus Stops

There is no smoking allowed at any of the bus stops or bus enclosures on Joint Base San Antonio-Fort Sam Houston.

BAMC Auxiliary Blood Drive

The Brooke Army Medical Center Auxiliary is hosting a blood drive from 8 a.m. to noon Feb. 6 at the Akeroyd Blood Center at B1240 Harney Road (the back of the parking lot across the street from the Fort Sam Houston Clinic at Schofield and Garden). Child care is available. Call 295-4655 to make an appointment.

Special Forces Briefings

A recruiter for U.S. Army Special Forces will give briefings from 11:45 a.m. to 12:45 p.m. and from 2:30 to 3:30 p.m. Feb. 7 through 8 at the Fort Sam Houston Education Center, Building 2248 in Rooms 200 or 201, depending on availability. Qualifications for Special Forces include that applicants be male, from E3-E7 in rank or officers in Year Group 09, have a GT score of 107-plus, have a 240 APFT, be a U.S. citizen and pass the Special Forces physical. Topics covered include: Special Forces assessment and selection, Special Forces Qualification Course, life on the Operational Detachment-Alpha and much more. For more information, call 254-288-5324 or 270-304-1133.

National Prayer Breakfast

The 502nd Mission Support Group ministry team hosts the National Prayer Breakfast from 6:30 to 7:30 a.m. Feb. 15 at the Sam Houston Community Center. The guest speaker is retired Lt. Col. Steve Russell, the author of "We Got Him!,"

See NEWS, P4

MICC members team with uniformed counterparts for Joint Dawn exercise

By Daniel P. Elkins
MICC Public Affairs

Forty-five members from throughout the Mission and Installation Contracting Command are among the more than 250 participants teaming together at Fort Bliss, Texas, in support of the two-week U.S. Army Contracting Command pre-deployment readiness exercise Joint Dawn 2012.

Joint Dawn, in its third year, is bringing together military and civilian contracting officers and specialists as well as other support personnel from the each service including the Army National Guard and Army Reserve.

The exercise is designed to develop contracting expertise in

an environment that simulates joint operations downrange and serves as a precursor to a deployment in support of the U.S. Central Command, according to Col. Jeff Morris, commander of the 412th Contracting Support Brigade at Fort Sam Houston, who leads this year's training.

The main body of exercise participants arrived here Jan. 19 and has already completed warrior task training simulating a field environment as well as classroom training.

They entered the fourth phase of Joint Dawn Jan. 18, which consists of six days of operational training aimed at building familiarity in a joint environment.

MICC civilian members

are working alongside their uniformed counterparts from ACC and the Expeditionary Contracting Command in replicated joint regional contracting centers of approximately 10 contracting officers each.

They are responsible for conducting all functions – including pre-award actions, contract administration and management, contractor education – for which they will be expected to accomplish during deployment.

The value of this joint training offers a reciprocal benefit, according to Brian Raabe, a strategic planner from the MICC headquarters at Fort Sam Houston, at Fort Bliss in support of the Joint Dawn operations cell.

"While the exercise is intended to train active duty to deploy, we have civilian deploying, too," Raabe said. "When we asked for volunteers, we selected those who were already a part of the deployable cadre and then those who were interested in deploying."

ACC offers qualified employees with specialized expertise and experience throughout its command an opportunity to deploy through its Deployable Cadre program.

Raabe added that response to the call for volunteers was overwhelming. In addition to Raabe, MICC members participating in Joint Dawn include 25 civilian contracting experts serving in 16 simulated regional contracting centers, 15 mentors, two legal officers and two policy experts.

The fourth phase concluded Feb. 2, when the readiness exercise entered an evaluation phase.

59 MDW commander visits Tri-Service Research Laboratory

By Joe Wiggins
Naval Medical Research
Unit-San Antonio Public Affairs

"What you are doing here is not only a great service to our military; it is a great service to our nation."

That was the impression left on 59th Medical Wing commander Maj. Gen. (Dr.) Byron C. Hepburn after receiving a briefing and tour of the Tri-Service Research Laboratory, or TSRL, on Joint Base San Antonio-Fort Sam Houston Jan. 18.

Hosted by the commanding officers of Naval Medical Research Unit-San Antonio, and Det. 5, Air Force Research Laboratory, the visit gave the general a clearer view of the capabilities of the facility and its staff.

"We wanted General Hepburn and his team to see we have a much wider range of options to conduct biomedical research to support warriors on the sea and on land than ever before in our history," said Capt. Vincent DeInnocentiis, NAMRU-SA commanding officer.

"This includes the ability to fully challenge and use the staff of NAMRU-SA, as well as draw from other services, such as the Army and Air Force, to conduct our mission in a joint environment.

As the commander of the Air Force's largest medical wing and one of only 15 pilot-physicians in the Air Force, Hepburn is focused on any new capability that helps him execute his mission to provide clinical research and medical education to the 6,000 people he commands.

"It was clear to me the great job being performed by all of the staff at the lab, and gives me a better vision of how this facility can assist the medical missions of all the services, as well as the American public," the general said after the tour.

Included in the more than 20 labs, work stations and other settings visited by the general were demonstrations of combat casualty, biomedical and directed energy research and training capabilities in the TSRL.

The laboratory's joint service and research capabilities were also reinforced by Col. Terry Stotler, commander of Det. 5, Air Force Research Laboratory. His briefing of capabilities and missions showed the general the overlap and shared capabilities between the Air Force

and the Navy staff members at the lab.

"We can do more now and do it better alongside Captain DeInnocentiis' staff in this facility," Stotler said. "This clearly shows advanced and enhanced research opportunities for both services."



Photo by Joe Wiggins

Col. Terry Stotler, commander of Det. 5, Air Force Research Laboratory, (left), briefs 59th Medical Wing Commander Maj. Gen. Byron Hepburn (second from left) about the Tri-Service Research Laboratory's 3-D modeling capabilities during the general's tour Jan. 18 at Fort Sam Houston.

News Briefs

from P3

a memoir of the hunt and capture of Saddam Hussein. Tickets are \$10. Call 221-5007 or 221-2754.

Type 2 Diabetes Research Study

Military medical beneficiaries (retired and family members of active duty and retired), age 18-65, and diagnosed with Type 2 diabetes may be a candidate for a research study titled "Sleeve Gastrectomy Versus Medical Management For Remission Of Diabetes In Mild To Moderately Obese Patients," even if not being a previous candidate for weight loss surgery before. Active duty personnel are unable to participate. For more information, call the Bariatric Clinic at 292-2210.

TRICARE Pharmacy Contract With Walgreens Not Renewed

Walgreens is no longer be a TRICARE network provider. If a beneficiary fills a prescription at Walgreens, they will pay 100 percent of the cost and will need to file a paper claim for non-network benefit reimbursement (with a higher cost share). Additional information can be found at the following websites; <http://www.tricare.mil/walgreens/>, <http://www.express-scripts.com/TRICARE>, <http://www.defense.gov/news/newsarticle.aspx?id=66626>. These resources can be used to find information on how to transfer a prescription, find a new pharmacy, or other FAQs. If needed, beneficiaries can take current prescription bottles to a new network pharmacy to have prescriptions transferred. Contact Express Scripts at 1-877-885-6313.

Health Benefits Election Form has been updated

The Office of Personnel Management has updated the Health Benefits Election Form, Standard Form 2809 to make it consistent with the Affordable Care Act, including updated eligibility information for children. The updated electronic version of the form is available on the OPM website at <http://www.opm.gov> and the Army Benefits Center website at <https://www.abc.army.mil>. Otherwise, Federal Employees Health Benefits enrollment or changes should be done through the ABC-C automated phone line at 877-276-9287 or through Employee Benefits Information System on the ABC-C website. For more information, visit the Fort Sam Houston Civilian Personnel Advisory Center website at <http://www.samhouston.army.mil/cpac>.

Changes in AER include family dental assistance, spouse scholarships

By Guy Shields

Army Emergency Relief

New categories of assistance and new scholarship opportunities are now available through Army Emergency Relief.

Included among the new categories of assistance to Soldiers are family member dental care, basic furniture needs, rental vehicles and replacement vehicles.

"We have been seeing increased numbers of these types of requests," said retired Sgt. Maj. Dennis Scott, chief of AER's assistance division. "Previously, we've processed some cases with mitigating circumstances as an exception to policy. With this change we'll be able to assist additional Soldiers and their families much more efficiently."

AER provides no-interest loans or grants to Soldiers, depending on the need and individual case.

Family dental care is not available on post for families located in the United States. This can put a significant finan-

cial burden on Soldiers, AER officials said.

Dental care eligible for AER assistance includes diagnosis, fillings, crowns, root canals, extractions, sealants and emergency care to alleviate pain. Assistance will be limited to no more than \$4,000 per case.

Basic furniture needs include beds, cribs, sofas, chairs and tables. The intent is to assist those Soldiers and families establishing a household when the quarters have no furniture. Additionally, this category would be eligible to Soldiers who lost their furniture as a result of a natural disaster. Assistance will be limited to no more than \$4,000.

Assistance for a rental vehicle is intended to help those Soldiers on emergency leave, or waiting for the repair of a primary vehicle. The rental period would normally be seven to 10 days.

Assistance for a replacement vehicle is intended to help Soldiers when the cost to repair their current vehicle is greater than the vehicle's value.

Assistance will be limited to not more than \$4,000.

"We believe that by adding these additional categories, AER can take a more proactive role in caring for Soldiers and their families during a critical time in their lives," added Scott. In the past two years, AER has implemented a total of nine new categories in an effort to be more responsive to the changing needs of today's Soldiers.

Also changing within AER is the consolidation of its spouse scholarship programs. Previously, there were separate programs for spouses depending on whether they were located in the United States or overseas.

"The consolidation of the two spouse scholarship programs will simplify the application process, as well as allow all spouses to qualify for 'part-time' scholarships," said Diann Evans, manager for AER's scholarship programs.

Prior to consolidation, only overseas spouses could get scholarships for "part time"

attendance. However, overseas spouses had to apply five times per year. This consolidation will allow them to apply once a year to align with the domestic spouses who will now be able to get assistance while only going to school part-time.

"One of the comments that we regularly received from the spouses located in the States was that it was very difficult to find the time to go to school full-time while maintaining a household with a deployed spouse," said Evans. "We recognized the need and changed the policy to accommodate the current reality."

There are no changes to the Maj. Gen. James Ursano Scholarship Program, which is AER's scholarship program for dependent children.

Information about AER, including scholarship specifics and application forms, are available on AER's website at www.aerhq.org.

Army Emergency Relief is a private non-profit organization dedicated to providing financial assistance to Soldiers, active and retired, and their families. Since its incorporation in 1942, AER has provided more than \$1.3 billion to more than 3.3 million Soldiers, families and retirees.

Employees can request personalized retirement estimates through EBIS

Current Army-serviced employees who are eligible for a voluntary/optional retirement within the next five years can now request a retirement estimate electronically through the Employee Benefits Information System.

To request an estimate, the employee should log into EBIS through the Army Benefits Center-Civilian website at <https://www.abc.army.mil> and click on the "How Do I...? HR LINKS" button.

Eligible employees will be asked a series of questions

pertaining to their retirement estimate request. Once submitted, the request will flow electronically to ABC-C where the request will enter a queue to be worked.

The completed estimate will be electronically returned to the employee's EBIS account and, similar to the system utilized by Defense Finance and Accounting Services for receipt of leave and earnings statements, an email notification will be sent to the employee that the estimate is available in EBIS.

Employees who are not within five years of voluntary retirement and click on the "HR LINKS" button will receive a notice that they are ineligible to request an electronic estimate.

Employees who are not within five years of voluntary retirement eligibility but who wish to receive an estimate (Minimum Retirement Age (MRA)+10, Voluntary Early Retirement Authority (VERA), disability and deferred retirement) will not be able to use the electronic option at

this time.

These employees will need to request their estimate by using the ABC-C automated phone line at 877-276-9287 and speaking with a retirement counselor.

The benefits of offering this on line option include greater protection of Personally Identifiable Information, reduced costs associated with paper mailings and convenience for the employee in both requesting the estimate electronically and obtaining the estimate more quickly.

For more information, visit the ABC-C web site at <https://www.abc.army.mil/>

(Source: JBSA-Fort Sam Houston Civilian Personnel Advisory Center)

264th Medical Battalion Soldiers showcase health careers

By Esther Garcia
AMEDDC&S Public Affairs

Real and stuffed dogs, electronic cars, electricity, bones, and red blood cells were some of the topics for the day during the East Terrell Hills Elementary School Career Day, as Soldiers from the 264th Medical Battalion spent Jan. 27 at their adopted school showcasing more than 10 different types of military health care career skills.

"I really enjoyed coming here talking to the kids because of their curiosity, they have so many questions and they wonder about the military," said Staff Sgt. Mark Collins, who spoke about electronic theory. Collins brought a remote-controlled car that reacted to different sounds.

"It was rewarding," Collins added. "I teach at Fort Sam Houston, but it was nice to get out here and be able share with the kids and the community."

Soldiers specializing in fields such as radiology, medical laboratory, biomedical equipment repair, patient administration, animal care, respiratory therapy and medical logistics brought equipment and explained their jobs to the students.

"This was the first



Photo by Esther Garcia

Sgt. 1st Class Francesca Ross and her assistants demonstrate how to resuscitate a dog during Career Day at East Terrell Hills Elementary School.

time for us to do a career day," said Lt. Col. Timothy Hudson, 264th Medical Battalion commander.

"As our adopted school, I met with the principal and talked about the different types of skills sets in the battalion such as lab tech, X-ray tech, nurses, vet care," Hudson said. "We have about 17 people and more than 10 different types of career fields represented."

"This probably is one of the best parts of my job, coming in and letting the kids know what you do in the military," said Sgt. 1st Class Francesca Ross, Company C., 264th Medical Battalion.

"They always see Sol-

diers on television with M16s and stuff and I get to tell them I have a job and it is taking care of families and dogs," Ross said.

The sergeant brought two stuffed dogs and demonstrated how to do CPR. The students were then introduced to a real military working dog named Kiera.

"I am inspired about the different ways they do their job, said student Carolina Gutierrez, who decided she wants to be just like the Soldiers. "I thought all they did was fight for us, but I was wrong."

"I am very connected with the Soldiers and this makes me want to be one when I grow up."

READY, SET ... FILE!



Photo by Lori Newman

(From left) Col. John P. Lamoureux, 502nd Mission Support Group commander; Sgt. 1st Class Chalawnda Kelley, noncommissioned officer in charge for the Fort Sam Houston Military Tax Assistance Center; Sgt. 1st Class Kai Hagren, NCOIC for the Brooke Army Medical Center MTAC; Col. Cheryl Thompson, 502nd Air Base Wing Staff Judge Advocate; and Lt. Col. Jennifer Hyzer, 502nd MSG Staff Judge Advocate cut the ribbon Jan. 30 officially opening the MTAC on Joint Base San Antonio-FSH. The FSH tax center is open 8:30 a.m. to 5 p.m. Monday through Friday by appointment only, call 295-1040. The BAMC tax center is open 9 p.m. to 5 p.m. Monday through Friday by appointment only, call 916-1040.

HIGH TECH TOOLS AT TECH EXPO



Photo by Lori Newman

Kerry McCoy, southern regional manager for Techni-Tool, shows Capt. Peter Flores a thermal imaging camera, one of many products on display at the Joint Base San Antonio-Fort Sam Houston Technology Expo at the Sam Houston Community Center Jan. 25.

CHINESE NEW YEAR AT THE LIBRARY



Photo by Deyanira Romo Rossell

Four-year-old Alana Redmon takes the head in the dragon parade, celebrating the Chinese New Year at the Keith A. Campbell Memorial Library on Fort Sam Houston Jan. 23.

Did you know?

One of the best things about ICE is that people can let service providers know when they do a great job, not just for poor service.

It takes 5 minutes or less to submit a comment at <http://ice.disa.mil>.





Photo by Staff Sgt. Keith Anderson

Frank Blakely (left), manager of the Fort Sam Houston Army Support Activity, signs a memorandum of understanding with Navy Rear Adm. Steven Eastburg, vice commander of Naval Air Systems Command, Naval Air Station Patuxent River, Md., and Douglas Lundberg, director of the Office of Civilian Human Resources, U.S. Navy, at the Warrior and Family Support Center Jan. 18 designed to help find jobs for wounded warriors as they transition out of the military.

JOBS from P1

or for those wounded or injured individuals who may be eligible for other special hiring authorities.

Services will be provided both during periods of active duty (rehabilitation) and post-separation as requested by the service member.

“At NAVAIR, we view this as a key workforce strategy,” Eastburg said. “We will partner with Brooke Army Medical Center as we build the workforce of the future. We believe in giving back to those that have given so much.”

Eastburg said Navy human resources personnel would visit Fort Sam Houston quarterly to help service members build resumes and to match them with open positions that fall within their skill sets. Personnel will also be available in between visits via phone

and email, and help will be available through the Soldier and Family Assistance Center.

“The SFAC is designed to be a one-stop shop for Warriors in transition and their Families,” said Gabriele Dias, director, SFAC.

Jason Simms, a former Marine Corps sergeant, who was injured during the battle of Fallujah in July 2004, said Navy human resources personnel from Patuxent River visited the wounded warrior barracks at Marine Corps Base Camp Lejeune, N.C., where he was recovering, and helped him to get a job as a human resources specialist at Naval Support Activity Philadelphia.

“I had third-degree burns on my hands; my face was burnt; I had shrapnel in my legs, and I had been shot three times,” Simms said.

“When they came

down, I didn’t have any college and didn’t know what to do. I’d been a grunt for nine years. My resume was only half a page. They came down and mentored me and helped me to write a three-page resume and get the job in Philadelphia.”

Currently, NAVAIR and Naval OCHR are working with only a handful of other locations besides Fort Sam Houston but hope to increase the program eventually, said Eastburg.

In fiscal 2011, NAVAIR’s Wounded Warrior Program assisted 586 veterans finding employment, 155 of whom were at least 30 percent disabled.

“This is not the end of our business, but it’s really the very beginning of what hopefully will be a very long and enduring relationship,” Eastburg said.

USAISR research beneficial beyond the battlefield

By Steven Galvan
USAISR Public Affairs

The research conducted on tourniquets at the U.S. Army Institute of Surgical Research is proving to be beneficial beyond the battlefield.

The research that started in 2004 showed that tourniquets were effective at stopping blood lose from injuries to the arms and legs without long-term complications and saving the lives of wounded warriors. Shortly thereafter, the Department of Defense ordered that the Combat Application Tourniquet be issued to all troops deployed to combat.

Today, the same tourniquets that are saving lives in the battlefield are being used by paramedics to save the lives of people with life-threatening, non-combatant injuries in South-central Texas.

Recently, a team of paramedics from the Emergency Medical Service (EMS) in Schertz, Texas used the CAT on a motorist whose leg had been amputated by another driver as he was changing a flat tire on the side of the road.

“He probably wouldn’t have made it without it,” said Jason Hedrick, the Schertz paramedic who applied the tourniquet.

According to the Schertz EMS Director Dudley Wait, this is the second time that paramedics have had to use the tourniquet since making it part of the equipment in their medic bags two-and-a-half-years ago.

“They were effective both times,” he said. “We decided to use that particular tourniquet because that’s what the military uses.

“We consulted with the emergency room trauma doctors at the Brooke Army Medical Center since that’s where we transport our trauma patients,” Wait added. “We wanted to use a device that military doctors are familiar with.”



Photos by Steven Galvan

Matt McCollum, a paramedic at the Schertz Emergency Medical Service, inventories supplies in the ambulance that is stocked with the Combat Application Tourniquet.

Wait added that his paramedics receive the same training that military troops get for self-applying and applying the tourniquet to an injured comrade.

The CAT is a small, light-weight device that can be applied with ease one-handed. It was selected as one of the “Army’s Top 10 Inventions” in 2005 and recommended for battlefield use by the Committee on Tactical Combat Casualty Care.

“It seemed too easy to use,” recalled Hedrick. “After it was on, I kept going back through the steps of applying it because it seemed too easy to apply. It’s a great tool to have in our kits.”

“The tourniquet was placed perfectly by U.S. Military Tactical Combat Casualty Care training standards,” said Col. (Dr.) Lorne H. Blackbourne, ISR commander and trauma surgeon.

The CAT used to save the motorist’s life was identical to the tourniquet that kept Staff Sgt. Reynaldo Bermea from bleeding to death after being shot in the back of his thigh during an operation in Iraq.

“We had just finished a three-hour mission and we

were being evacuated from the area,” Bermea said. “I boarded a Chinook [helicopter] and we started taking on fire as we were taking off.”

One of those rounds pierced through the bottom of the helicopter where he was sitting, striking him in the back of the leg and hitting the main artery. Bleeding profusely and 30 minutes from the nearest field hospital, a combat medic in the helicopter applied a tourniquet on his leg.

“I know it saved my life,” Bermea said. “After it was on, I knew I was going to be fine, but I thought that I was going to lose my leg.”

Four months later, Bermea volunteered to join his unit back in Iraq.

“Every time that I see patients like him [Bermea] I am reminded of the great work that is going on here at the ISR,” said Col. (Dr.) Todd Rasmussen, ISR deputy director.

“Everything that we do here is for the combat wounded and we are saving lives. It is gratifying to be part of an organization that is working for the wounded warrior and to see that the work here is saving lives away from the battlefield.”



"I know it saved my life," said Staff Sgt. Reynaldo Bermea of the Combat Application Tourniquet. "After it was on, I knew I was going to be fine, but I thought that I was going to lose my leg."



Jason Hendrick, a paramedic at the Schertz EMS, displays the Combat Application Tourniquet that has been part of their medic bags for two-and-a-half years.

Cub Scouts work, learn about environment at Camp Bullis

By Col. Wayne Shanks
ARNORTH Public Affairs

A local Cub Scout pack teamed with staff from Camp Bullis to prevent erosion and learn about the environment Jan. 21.

Approximately 40 scouts and parents from Cub Scout Pack 500 moved two huge piles of mulch to build up roughly 25 percent of a 1.35-mile hike and bike trail near the cantonment area of Camp Bullis.

Led by Bryan Hummel, a natural resources technician from the 502nd Air Base Wing's Civil Engineering Squadron, the scouts used wheelbarrows, rakes and shovels to spread mulch and build up the downhill edges of the trail to prevent erosion.

"The mulch is important to build up the soil and make a nice path for Soldiers to use," Hummel said.

He described "water ranching" techniques to the group, showing how to slow erosion and keep a drop of rain where it falls.

"By slowing the water in the uplands, the water soaks into the limestone hills, where it helps to recharge local groundwater and aquifer systems," Hummel said.

Parent Sandra Drabik said

it was great to get the boys outdoors and worked to channel their energy.

"What boy doesn't like to play in the dirt?" she added.

Hummel explained the importance of not littering to the boys and adhering to the scouting principle of "leave no trace."

He also pointed out how native grasses and wildflowers slow erosion and provide a food source for pollinators that, in turn, help to preserve the training lands for the military.

Hummel also showed them how various species of wildlife also used the area, pointing out turkey vultures, squirrel nests and feral pig damage.

Ben Kruse, 12, a Boy Scout from Troop 475 and den chief for Pack 500, said the project was all about having fun and sticking to the path.

"It helps prevent erosion by keeping the dirt from washing away," he explained.

When asked what they had learned, many hands sprang into the air and Hummel called on them one by one.

"I learned how to use a wheelbarrow," the first boy said.

"Water runs downhill!" shouted one scout.

Another said he learned how to make a dam out of



(Left) Bryan Hummel, a natural resources technician from 502nd Air Base Wing's Civil Engineering Squadron, points out exact map locations for a volunteer conservation project to Cub Scouts and parents of Pack 500 at Camp Bullis Jan. 21.



Photos by Col. Wayne Shanks

Bryan Hummel, a natural resources technician from 502nd Air Base Wing's Civil Engineering Squadron (far right), shows Cub Scouts of Pack 500 how to use a wheelbarrow and tools to spread mulch and prevent erosion during a volunteer conservation project at Camp Bullis Jan. 21.

mulch to keep the rain from washing everything away.

"Everybody can help!" a third exclaimed.

"Falling on mulch hurts and is dusty," another added.

Hummel said the mulch was recycled from trees that had

died in the recent drought and may have caused hazards for troops training.

The day began with a few hours of hard work, with many hands working together towards a shared goal, but ended with several young

minds more aware of how to protect the environment thanks to the dedication of the Camp Bullis natural resources staff.

"Camp Bullis is an amazing resource for San Antonio," Hummel said.

Hummel poses with Pack 500 Cub Scouts and their parents before they move mulch to help prevent erosion at Camp Bullis.



Cub Scouts of Pack 500 use rakes and shovels to spread mulch and prevent erosion.

HUMAN from P2

said. “Just be aware of your surroundings and the activities that are going on. Do your research and watch for the telltale signs.”

Not all girls or young women who are forced into sexual servitude are runaways

or kidnap victims from other countries, Clark said. American females may be abducted as well; they are particularly at risk traveling abroad.

“If they’re traveling, girls shouldn’t be by themselves,” he said. “They should use the buddy system.”

Clark said they should have an itinerary and maintain awareness at all times, especially in bars; they should also stay in touch with their loved ones.

Victims of human trafficking aren’t just working in strip clubs or massage parlors; they

may also be working as laborers in residential neighborhoods, on construction sites and in agricultural fields, Clark said.

“No matter where you are, if you see it, you should report it,” he said. “Zero tolerance is the rule.”

CFI from P1

a national treasure,” said Maj. Gen. M. Ted Wong, BAMC commander. “Not only do we see outstanding results for our patients through the synergistic effects of this facility joined with our great staff and the encouragement of fellow patients, but the facility itself stands as an icon that the American people fully support our men in women in uniform who have sacrificed for us all.”

Also on hand Fri-

day was David Winters, president of the Intrepid Fallen Heroes Fund, which raised more than \$50 million to build the center and the two adjacent Fisher Houses.

“This center was not just the work of the Intrepid Fallen Heroes Fund and the leadership here at Fort Sam Houston and in Washington. The Center for the Intrepid was truly a gift from the American people,” Winters said.

“Thousands upon thousands of our fellow

citizens—mothers and fathers, children and grandparents, aunts, uncles and neighbors—all reached into their pockets to support our efforts and raise the funds needed to build and equip this beautiful building.”

The CFI includes clinical, research, administrative space, a gait lab, a computer assisted rehabilitation environment, a swimming pool, an indoor running track, a two-story climbing wall, and a prosthetic

fabrication lab.

The latest addition to care is the Intrepid Dynamic Exoskeletal Orthosis, which is a leg brace that reduces pain to lower leg injuries.

The center provides a wide variety of activities, including horseback riding, archery, golf and scuba diving to help patients recover basic motor functioning and reasoning abilities, build confidence and gradually encourages them to reintegrate back into the community.

BLACK from P2

have enriched the African American community and the nation as a whole.

In slavery and freedom, their struggles have been at the heart of the human experience, and their fight against racism and sexism serve as a testament to their perseverance to overcome adversity.

From Harriet Tubman, a leader and conductor of the Underground Railroad, to Rosa Parks, the mother of the modern Civil Rights Movement, to First Lady Michelle Obama, these courageous women serve as role models for all to emulate.

The Army has also benefitted from the leadership, intelligence and contribution of the African American women in our ranks, and today we celebrate the recent promotion of Maj. Gen.

Marcia Anderson, the Army’s first African American two-star general and recognize Tracey Pinson, the Army’s highest-ranking female African American Senior Executive Service member.

These women, and so many others, are expressions of a vibrant culture in which African American women play a critical role in the strength of this nation and our Army.

We are grateful for the sacrifices and contributions African American women, Soldiers, civilians and families have played in our success.

We encourage the entire Army Family to honor publicly their contribution by encouraging all leaders from across the Army to plan and execute appropriate commemorative activities to celebrate African American/Black History Month.

JANUARY STUDENTS OF THE MONTH



Photo by Roland Rios

The Fort Sam Houston Independent School Districts Student of the Month for January 2012 are: (front row, from left) Megan Folmar, 8th grade; Riley Cho, 6th grade; Luis Lozano Cuevas, 7th grade; (back row, from left) Luis Gonzalez Carrero, 10th grade; Amy Walters, 12th grade; Eileen Garcia Sanchez, 11th grade; and Vanessa Zelaya, 9th grade.

VISIT NEWS LEADER ONLINE:
HTTP://WWW.SAMHOUSTON.ARMY.MIL/PAO



Help Name Two New Facilities

MWR patrons are invited to name two of the newest facilities on Fort Sam Houston, the dining hall and the fitness center, on the Medical Education & Training Campus. The contest runs through Feb. 14. Visit <http://www.fortsammwr.com> to download the contest form or pick one up and drop it off at either of the facilities with your ideas for a name. Winners will be announced Feb. 20. Call 808-5712.

**Family Readiness Group
Leader's Forum**

Feb. 3, noon-1 p.m., Roadrunner

Community Center Building 2797, call 221-1829 or 221-0946.

Man of the House

Feb. 3, noon-1 p.m., Roadrunner Community Center Building 2797, call 221-0349.

Soul Food Sampler Plate

Feb. 3, 11 a.m.-1 p.m., Randolph Air Force Base Community Center, \$6 per plate, call 565-4026 or 565-4066.

Gospel Music

Feb. 4, 6 p.m., JBSA-Lackland Gateway Chapel, call 722-3559.

**T-ball, Baseball and Softball
Registration**

Registration runs weekdays Feb. 6-March 9, 8:30 a.m.-4 p.m. at Parent Central, Roadrunner Community Center. Youth ages 3 to 17 must have a current sports physical and shot record to join the team. The cost is \$60 per child. Call 221-4871. Volunteers interested in coaching, call 221-5519.

Send Valentines to Veterans

Shoppers can stop by participating Exchange facilities through Feb. 6 and fill out a Valentine's Day card or drop off their own. The cards will be distributed to local Veterans Administration hospitals, Fisher House locations and military retirement homes.

Scream Free Parenting

Series Feb. 6, 15, 24 and 27, 11:30 a.m.-1 p.m., Red Cross Building 2650, call 221-0349.

Savings and Investing

Feb. 6, 2-4 p.m., Roadrunner Community Center Building 2797, call 221-1612.

Softball Tryouts

Varsity men's and women's softball tryouts are Feb. 6-10, rain dates are Feb. 13-17) at the Youth Sports Field. Call 808-5709.

Excel Level 1

Feb. 7, 8 a.m.-noon, Roadrunner Community Center Computer Lab, call 221-2518 or 221-2705.

Pre-Deployment Planning

Feb. 7, 9 a.m.-3 p.m., Roadrunner Community Center Building 2797, call 221-1829 or 221-0946.

Couponing Class

Feb. 7, 2-4 p.m., Roadrunner Community Center Building 2797, call 221-2380.

Excel Level 2

Feb. 8, 8 a.m.-noon, Roadrunner Community Center Computer Lab, call 221-2518 or 221-2705.

Bringing Baby Home

Feb. 8 and 22, 9 a.m.-12:30 p.m., Red Cross Building 2650, call 221-0349.

Single Parenting

Feb. 8, 10-11:30 a.m., Roadrunner Community Center Building 2797, call 221-0349.

CARE Team Training

Feb. 8, 10-11:30 a.m., Roadrunner Community Center Building

2797, call 221-1829 or 221-0946.

Overseas Orientation

Feb. 8, 10-11 a.m. and 5-6 p.m., Roadrunner Community Center Building 2797, call 221-1681.

**African-American Cultural
Association Annual Luncheon**

Feb. 8, 11 a.m., JBSA-Lackland Gateway Club, guest speaker is Areetha Carter-Stewart, Call 671-3722.

Nurturing Parenting Toolbox

Feb. 8, noon-2 p.m., Roadrunner Community Center Building 2797, call 221-0349.

5 Love Languages of Couples

Series Feb. 8, 15, 22 and 29, 6:30-8 p.m., Dodd Field Chapel, call 221-0349.

Word Level 2

Feb. 9, 8 a.m.-noon, Roadrunner Community Center Computer Lab, call 221-2518 or 221-2705.

Child Safety Seat Clinic

Feb. 9, 1-3 p.m., Auto Craft Shop Building 2410, Registration is required, children must be present, call 221-0349 or 221-0221.

Story Time

The Keith A Campbell Memorial Library will host a Valentine's story time event for all ages 2:30 p.m. Feb. 11.

Exotic Hunts

Exotic hunts are underway at

See INSIDE, P15



HemisView Farmers' Market

Purchase locally grown fruits and vegetables, enjoy fitness and cooking demonstrations and entertainment Feb. 3, 4-7 p.m. at 800 E. Cesar Chavez Blvd.

Comfort Old Spanish Trail Walk

The Hill Country Volkssportverein volksmarch club will host a 5k and 10k walk Feb. 5 starting at the Comfort ISD Administration Office, 327 High Street in Comfort. Walks start between 8-11 a.m., finish by 2 p.m. Call 830-995-2421 or visit <http://web.me.com/txttrailhead/GG/Comfort.html>.

Del Webb Hill Country Retreat Walk

The Randolph Roadrunners volksmarch club will host a 5k and 10k walk Feb. 11 starting at the Del Webb's Hill Country Resort Center, 4800 Sunrise Beach in San Antonio. Walk start between 8 a.m. and noon, finish by 3 p.m. Call 723-8574 or visit <http://randolphroadrunners.info/>.

A Journey through African American Music

Lecture by Kimberly Montford, Trinity University professor, Feb. 11, 1-2 p.m., Hannah Landa Memorial Branch Library, 233 Bushnell Ave. Free and open to the public.

Student Aid Saturdays

Free help to fill out federal and state forms for college financial aid, Feb. 12, 9 a.m.-4 p.m. at Café College, 131 El Paso Street. Call 254-9376.

RecruitMilitary Veteran Opportunity Expo

Veterans and military spouses are invited to a free career fair Feb. 16 from 11 a.m.-3 p.m. at the 2012 Norris Conference Centers – San Antonio, 4522 Fredericksburg Road. Call 513-683-5020 for more information.

3rd Annual Legacy Ball

The Joint Base San Antonio African American Heritage Committee Legacy Ball, Feb. 18, 6-11 p.m., JW Marriott Resort & Spa, formal/semi-formal dress, \$55 per person. Visit <http://aahclegacyball.eventsbot.com/> for tickets.

African-American Expo

Feb. 29, 11 a.m. Port San Antonio, Building 171, call 395-8275.



For Sale: Sony five disk DVD/CD player, model DVP-NC85H, like new, works perfectly, includes remote, cables and manual, \$100. Call 771-7480.

For Sale: RCA 21-inch flat face TV, \$50; Amana two door 22 cubic foot refrigerator, \$200; GE electric stove, \$100; Eureka upright vacuum cleaner, \$35; Bissell Power Steamer Deluxe, \$75. Manual included for each item and all items in excel condition. Call 666-0502.

For Sale: King-size quilt and two pillow shams, blue and beige, like new, \$35; two 30 inch by 30 inch

European shams, light blue with white piping; pillow form included, \$20 each or \$35 for both; King-size quilt, star pattern, light blue and pastels, \$25; Fisher Price basketball hoop, adjustable height, for ages 2 to 8, \$15. Call 495-2296.

For Sale: Whirlpool washer and dryer, \$375 for both; three-piece living room set includes couch, loveseat and glass coffee table, \$150; treadmill, \$90; 52-inch TV, \$50; book shelf, 2 feet by 4 feet, five shelves, \$25. Call 241-1291.

For Sale: 1989 Honda Civic hatchback DX, automatic, A/C, CD/AM/FM, excellent mechanical condition, runs great, \$3,399; REM Martinique bed, dual adjustable with massage, excellent condition, \$3,399; Stuyvesant upright piano, \$159. Call 659-6741.

INSIDE from P14

Camp Bullis Friday through Sunday 4-9 p.m. until Feb. 26. Call 295-7529 or 295-7577.

Better Opportunities for Single Servicemembers

Sign up for a three-day ski trip to Ruidoso, N.M. at the Apache Ski Resort Feb. 24-26. Registration deadline is Feb. 15. Call 221-4242.

DECA Scholarships

The Joint Base San Antonio-Fort Sam Houston Commissary is accepting scholarship applications

for military children and spouses through Feb. 24. Call 221-4678 or visit <http://www.militaryscholar.org>.

Spouses' Club Scholarships

The Spouses' Club of the Fort Sam Houston Area contributes annually to the FSH community through scholarship and welfare awards. Scholarships are awarded to high school seniors, students continuing their education and military spouses. All applicants must have a valid DOD ID card. Welfare funds are awarded to

Weekly Weather Watch

| | Feb 2 | Feb 3 | Feb 4 | Feb 5 | Feb 6 | Feb 7 |
|-------------------|---|--------------------------------|---------------------------------|-------------------------------------|--|------------------------------|
| San Antonio Texas | 72° <small>Isolated T-Storms</small> | 74° <small>T-Storms</small> | 67° <small>Cloudy</small> | 59° <small>Cloudy</small> | 63° <small>AM Clouds PM Sun</small> | 66° <small>Cloudy</small> |
| Kabul Afghanistan | 40° <small>Cloudy</small> | 33° <small>Snow</small> | 37° <small>Rain/Snow</small> | 33° <small>Partly Cloudy</small> | 30° <small>Sunny</small> | 34° <small>Sunny</small> |

(Source: The Weather Channel at www.weather.com)

Edwards Aquifer Level

in feet above sea level
as of Jan. 31

CURRENT LEVEL * = 657.5'

*determines JBSA water conservation stage

- Normal - above 660'
- Stage I - 660'
- Stage II - 650'
- Stage III - 642'
- Stage IV - 640.5'
- Stage V - 637'

Joint Base San Antonio will revert back to Stage I water restrictions; the J-17 Well Level is at 652.7 feet as of Jan. 5 and has been over 650 feet for more than 30 days, allowing for JBSA to return to Stage I conditions. Watering hours are now allowed between the hours of 8 p.m. and 10 a.m. and new turf can be planted at this time.

charities, non-profit organizations or other worthy causes supporting the Armed Forces and their families on Fort Sam Houston and Camp

Bullis. Applications for scholarship and welfare awards are available at <http://www.scfsh.com>.